



782 Huron Blvd.
Marysville, MI 48040
(810) 364-4650

Open Over 100 Hours Per Week

(Monday-Friday 5:00 A.M.-10:00 P.M.
Saturday 8:00 A.M.-6:00 P.M.
Sunday 10:00 A.M.-4:00 P.M.
(Port Huron Closed on Sunday)

2422 Lapeer Ave.
Port Huron, MI 48060
(810) 985-8100

IT'S

SIGN-UP / RENEWAL

TIME AT

Viking Fitness Center & Figures For Women

Viking Fitness Center & Figures for Women Corporate Discount Rates:

	EFT		Payment Book		Pre-paid (year)	
	Initiation Fee	Monthly Fee	Initiation Fee	Monthly Fee	15% Discount	Regular Prices
Individual	\$50	\$36	\$50	\$41	\$335.75	\$395
Couple	\$75	\$50	\$75	\$56	\$492.15	\$579
Couple + 1	\$75	\$57	\$75	\$64	\$560.15	\$659
Couple + 2	\$75	\$64	\$75	\$72	\$628.15	\$735
Couple + 3	\$75	\$71	\$75	\$80	\$663.00	\$788

FOUR PAYMENT PLANS . . .

- PRE-PAID** - one year in advance
- PRE-PAID DEFERRED** - write two checks (1/2 & 1/2) post date one check for 30 days
- EFT (Electronic Funds Transfer)** - monthly withdrawal from checking, savings, or credit card
- PAYMENT BOOK** - you pay each month

DISCOUNT DETAILS AT SIGN-UP TIME . . .

- 15% Discount Off the Total
(Pay Total At Sign-Up Time)
- 15% Discount Off the Total
(Write The Two Checks At Sign-Up Time)
- No Initiation Fee
(Bring Account Info & First Month's Payment)
- No Initiation Fee
(Bring First Month's Payment)

**Couple means two married people and/or one person and a teenage child

**Couple + # means a married couple and children (13-18 years old) from the same family and living in the same home

**All memberships are for a One Year minimum

"FIGURES"

Features

Women-Only Environment
A Fun Cardio & Firming Circuit
Weight Loss & Fitness Management
Individual Attention
Body Analysis Available
Non-Intimidating Atmosphere
Staffed By Certified Trainers
No Coordination Required

Benefits

Slows Aging Factors
Firms And Tones
Is Gentle On Joints
Is Challenging For First Timers and Athletes
Increases: Strength, Energy, Agility, Endurance & Bone Density
Diminishes: Risk Of Heart Attack and Arthritis & High Blood Pressure Symptoms

"VIKING"

Features

Open Over 100 Hours Per Week
On-Site Child Care (ages 12 and younger)
Saunas
Shower and Locker Room Facilities
Co-ed Facility
Air Conditioning
13 and Older
Certified Instructors / Trainers
Aerobics
SPINNING
Pilates Yoga
Cardio Area:
Stair Climbers
Treadmills
Elliptical Machines
Exercise Bikes
Television Sets
Free Weights / Stack Weights
Personalized Fitness Appointments
Body Analyses Available



U.S.
Amateur
Boxing
Now Available
at VIKING
Boxing Classes
Open Practice
Private Lessons



VIKING FITNESS FEATURES

GENERAL INFORMATION

Body Composition Analysis
Saunas
Personalized Fitness Appointments

Child Care (ages 12 and younger)
Showers and Locker Room Facilities
Co-ed Facility

OPEN OVER 100 HOURS PER WEEK

Monday - Friday	5 am - 10 pm
Saturday	8 am - 6 pm
Sunday	10 am - 4 pm
(Port Huron Closed Sundays)	

AEROBIC CLASSES (Marysville only)

Certified Instructors ♦ Several Classes per Week ♦ Self Paced Instruction

"Step Classes"
Lt. Weight Classes
Circuit Training
Power Sculpting
"Spri Tubing" Resistance Classes

Step 'N Kick
Hi - Lo
Interval Training
Specialty Classes

SPINNING CLASSES ♦ YOGA CLASSES ♦ PILATES CLASSES

CARDIOVASCULAR AREA

Treadmills

Stairmasters

Exercise Bikes

Television Sets

Elliptical Machines

RESISTANCE TRAINING

Free Weights

Selectorized Equipment

Bodybuilding

Toning/Firming

Cabled Stacked Weights



Figures For Women

A Women-Only Weight Loss & Fitness Program

It's Time For YOU—Because You DESERVE It!!!

Grab a **30-MINUTE WORKOUT** while your children are being entertained in our **CHILD CARE** area. Then relax in the **SAUNA**.

Enjoy a **HOT SHOWER** to get ready for the day in our comfortable, mirrored **LOCKER ROOM**, or you may use our **PRIVATE CHANGING ROOMS**.

Your reasonable Fee Includes A Membership to Both
FIGURES FOR WOMEN and VIKING FITNESS CENTER

...so, if you reach a plateau, or if your 30-minute workout becomes stagnant, you have the option of using Viking Fitness Center's facility (cardio & resistance training areas and self-paced aerobics classes). We have certified trainers to design a personalized fitness program for you.

Features & Benefits

Women-Only Environment
Non-Intimidating Atmosphere
No Physical Coordination Required
Perfect For First Timers
Challenging For Athletes
Individual Attention
Gentle On Joints
Staffed By Certified Trainers

Body Analysis Available
For 13 And Older
Air Conditioned
Weight loss And Fitness Management
Hydraulic Resistance
Firms And Tones
Lowers Blood Pressure
Increases Bone Density

Increases Energy
Diminishes Arthritic Systems
Reduces Risk of Heart Attack
Improves Self-Confidence
Increases Endurance
Slows Aging Factors
Increases Strength
Increases Agility

30-Minutes/Five Components:

Warm-Ups ♦ Cardio Exercising ♦ Strength Training ♦ Cool Downs ♦ Stretching

OPEN OVER 100 HOURS PER WEEK

Club OPEN Hours: Mon - Fri 5 am - 10 pm Sat 8 am - 6 pm Sun 10 am - 4 pm (PH Closed Sundays)

Staffed Hours (With Trainers): Please check for current posted hours

PORT HURON CLUB
MARYSVILLE CLUB

2422 LAPEER
782 HURON BLVD

(810) 985-8100
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DISCOUNTS AVAILABLE TO CURRENT MEMBERS OF OTHER 'WOMEN ONLY' PROGRAMS